

Resilience Strategies for Educators:

Techniques for Self-Care and Peer Support

Train-the-Trainer

TRAININGS BY REQUEST

Building a Self-Care Action Plan

Vicarious (secondary) trauma, compassion fatigue, and burnout can be prevented. Doing so, however, requires a conscious effort to practice individual self-care strategies on a regular basis, both personally and professionally, to assist in managing vicarious stress.

Here is one example of how to build a self-care plan. There are six categories. These include:

1. Physical Self-Care:

The things I do to take care of my body in healthy ways. Examples include: sleep; nutrition; exercise; and, regular health care visits. How well do you take care of yourself physically? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself physically.

A.

B.

C.

2. Emotional Self-Care:

The things I do to take care of my feelings in healthy ways. Examples include: maintaining personal and professional support systems; counseling and/or therapy as needed; journaling; and, talking about feelings in healthy ways. How well do you take care of yourself emotionally? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself emotionally.

A.

B.

C.

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3. Cognitive Self-Care:

The things I do to take care of my mind and understand myself better. Examples include: reading for pleasure or work; writing; and, engaging in continued education for additional knowledge/skill. How well do you take care of yourself psychologically? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself psychologically.

A.

B.

C.

4. Social Self-Care:

The things I do in relation to others and the world around me. Examples include: spending time with friends, family and colleagues you enjoy; having fun and playing; belonging to groups, communities and activities that encourage positive social connections. How well do you take care of yourself socially? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself socially.

A.

B.

C.

5. Financial Self-Care:

The things I do to spend and save responsibly. Examples include: balancing a checking account; planning for the future; and spending money in thoughtful and productive ways. How well do you take care of yourself financially? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself financially.

A.

B.

C.

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6. Spiritual Self-Care:

The things I do to gain perspective on my life. Examples include: prayer; meditation; contact with nature; connection with God or a Higher Power; participating in worship with a community; and 12-Step Recovery. How well do you take care of yourself spiritually? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself spiritually.

A.

B.

C.

Now you've read the checklist and made a list of strategies for yourself. That is not enough. The bottom line is that self-care requires a conscious effort to practice individual wellness strategies on a regular basis. If we are able to make a commitment to do so both personally and professionally, we can prevent the negative consequences of compassion fatigue and stay well on the journey to student success.

Worksheets from Making Professional Wellness a Priority! By Mona M. Johnson, 2002

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